



## For Immediate Release

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### **Fun on the Run helps keep kids active this summer**

**Fairfield, California (Wednesday, July 11, 2012)**—The Centers for Disease Control states that childhood obesity has more than tripled in the past 30 years. The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 20% in 2008. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to 18% over the same period. In 2008, more than one third of children and adolescents were overweight or obese.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. Prevention and establishing good habits early are key.

To aid in the fight against childhood obesity the City of Fairfield's free mobile recreation program, Fun on the Run, has expanded its schedule to cover 20 sites each week through August 10. There are plenty of opportunities to be active and play. Highlights include a bounce house, Wii, outdoor games, sports, arts & crafts, and much more.

Fun on the Run's Healthy Cooking program, funded through a grant from Kaiser Permanente, continues through summer as well. Children (and their parents) can learn to cook and eat healthy with lessons from nutrition and cooking experts.

How to make healthier choices for snacks and meals is a key focus. Lessons are hands on and involve all five senses to ensure maximum fun and learning. Produce for the program is provided through a partnership with the Food Bank of Contra Costa and Solano Farm2Kids program and is available for attendees to take home at no charge. Lessons are provided in English and Spanish.

Also back this summer as part of Fun on the Run is the ever-popular Nature's Critters live animal presentations. The Nature's Critters program is funded by the Fairfield Community Services Foundation, a local non-profit organization that provides support to the City's recreation programming.

Nature's Critters' programs inform and inspire, enliven and empower, and deliver important messages disguised as fun and interactive entertainment. Their goal is to increase awareness, knowledge, and the value we place on our living planet.

Get a hands-on, unique, and fun learning experience. Unusual critters including pythons, modern day dragons, tortoises, frogs and a variety of "creepy crawlies," like hissing cockroaches and giant millipedes, are on display for you to touch and learn about. These free presentations are fun for adults as well as youth.

For more information on the Fun on the Run program or our weekly schedule, visit [www.fairfield.ca.gov](http://www.fairfield.ca.gov) or contact Lorraine Kennedy at 707-428-7574 or [lkennedy@fairfield.ca.gov](mailto:lkennedy@fairfield.ca.gov)

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#### **About the City of Fairfield Community Resources Department**

The Community Resources Department's mission is to shape our community's future by offering an array of programs and services that meet the needs of Fairfield residents. The department strives to provide resources for all aspects of daily life. Community Resources operates affordable housing programs, recreational classes, neighborhood improvement programs, senior services, sports and aquatics programs, and youth activities. The department manages the Aquatics Complex at Allan Witt Park, Sports Center, Fairfield Community Center, Fairfield Senior Center, neighborhood centers, and sports fields.